

BOOK REVIEW

HERBERT WEINER, M.D.: *Psychobiology and Human Disease*. New York, Elsevier North-Holland, 1977. xvi + 665 pp., illustrated. \$39.50.

Too infrequently do we have the pleasure of encountering a book as scholarly and significant as this one written by Dr. Herbert Weiner. It critically reviews and brings up to date our knowledge of psychosomatic medicine. Physicians will be delighted by this cornucopia of medical information. Probably only by studying the extensive references will we realize how much work already has been done in this area.

In this book Dr. Weiner reviews psychogenic factors relating to duodenal ulcer, essential hypertension, bronchial asthma, Grave's disease, rheumatoid arthritis, ulcerative colitis, and regional enteritis. These diseases were selected not because other ailments are free of psychogenic factors, but primarily because so much information already is available on these seven, an essential criterion for such a study.

Dr. Weiner appropriately emphasizes that to understand human behavior more fully it will be necessary to learn more about man's genetic heritage and the effect of an ever-changing environment upon him. The book introduces searching and penetrating questions which help to point the way for further research and understanding and bring us a little closer to developing a comprehensive theory of health and disease. This approach and an understanding of the mind, brain, and body will enable us to function optimally as physicians.

I hope that we shall soon have more information on other diseases also, and that Dr. Weiner will offer us another magnificent gift, his further studies in psychobiology and human disease.

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